

Help And Support

For People Caring For Your Loved Ones

Need A Break? We Can Help

Taking care of someone with an illness or disability is a full-time job. It requires hard work and good health, and, like any job, it also requires time for rest and relaxation.

The Seattle-King County Respite Care Program administered by Aging & Disability Services gives people a much-needed break from the daily routines of caregiving. Specially trained substitute caregivers will provide whatever assistance, supervision, and companionship your loved one needs. You can be assured that he or she will be safely cared for during your time away.



A simple phone call to one of the agencies listed below is the first step. To be eligible for respite services, you must be:

- ♦ 18 years or older caring for a person with a disability who is 18 years or older
- ♦ the primary caregiver
- ♦ unpaid for your caregiving

For the Eastside call, Evergreen Care Network Case Management Program: 1-800-676-6692

For Seattle & the remaining areas of King County, call Senior Information and Assistance Program: 1-800-972-9990

For Vashon & Maury Islands call Vashon Case Management Program: (206) 463-1829

Ethnic Chinese, call Chinese Information & Service Center: (206) 624-5633



A sliding fee scale based on the income of the person who is being cared for determines the cost. People with low incomes receive services at no cost.

